



# CITY OF HUNTINGTON BEACH CERT NEWSLETTER

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November 2015

## HB CERT HIGHLIGHTS

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CLASS 1

## FREE FLU SHOTS Saturday, November 7, 2015

By Virginia Petrelis

Free flu shots will be available at Huntington Beach Hospital's drive-through flu shot clinic from 8 am until noon, or until they run out of vaccine. It can't get any easier than this — just drive up in your car and a nurse will come to you to give you a shot through the open window. The address is 17772 Beach Boulevard, Huntington Beach.

CERT ham radio operators will be helping out with traffic control. A few more are needed so if you are an available "ham" and haven't yet committed to help, please contact Peter Petrelis at [pgpworks@verizon.net](mailto:pgpworks@verizon.net).

## First Aid Corner

By Susan McClaran

The last couple of weeks I have been dealing with the news of my ex husband being diagnosed with colon cancer. Although he is my ex, he is still one of my best friends, at one point the love of my life, and my children's father. With much prayer, he is doing great after surgery and is on the mend. Our hope is that he will not need chemo or any further treatment.

I have nothing really for the First Aid Corner except this.....love is often times the best medicine.

## The Center for Disease Control (CDC) says "Take 3" Actions to Fight the Flu

*Flu is a serious contagious disease that can lead to hospitalization and even death.*

*CDC urges you to take the following actions to protect yourself and others from influenza (the flu):*

### Take time to get a flu vaccine

CDC recommends a yearly flu vaccine as the first and most important step in protecting against flu viruses.

While there are many different flu viruses, a flu vaccine protects against the viruses that research suggests will be most common. (See [Vaccine Virus Selection](#) for this season's

vaccine composition.)

Flu vaccination can reduce flu illnesses, doctors' visits and missed work and school due to flu, as well as prevent flu-related hospitalizations and deaths.

Everyone six months of age and older should get a flu vaccine as soon as the [current season's vaccines](#) are available.

Vaccination of [high risk persons](#) is especially important to decrease their risk of severe flu illness.

[People at high risk of serious flu complications](#) include young children, [pregnant women](#), people with chronic health conditions like asthma, diabetes or heart and lung disease and [people 65 years and older](#).

Vaccination also is important for [health care workers](#), and other people who live with or care for high risk people to keep from spreading flu to them.

[Children younger than six months](#) are at high risk of serious flu illness, but are too young to be vaccinated. People who care for infants should be vaccinated instead.

## Take everyday preventive actions to stop the spread of germs

Try to avoid close contact with sick people.

While sick, limit contact with others as much as possible to keep from infecting them.

If you are sick with flu-like illness, the CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone for 24 hours without the use of a fever-reducing medicine.)

Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.

[Wash your hands](#) often with soap and water. If soap and water are not available, use an [alcohol-based hand rub](#).

Avoid touching your eyes, nose and mouth. Germs spread this way.

Clean and disinfect surfaces and objects that may be contaminated with germs like the flu.

See [Nonpharmaceutical Interventions \(NPIs\)](#) for more information about actions — apart from getting vaccinated and taking medicine — that people and communities can take to help slow the spread of illnesses like influenza (flu).

## **The Center for Disease Control (CDC) says “Take 3” Actions to Fight the Flu (continued)**

### **Take flu antiviral drugs if your doctor prescribes them**

If you get the flu, antiviral drugs can be used to treat your illness.

Antiviral drugs are different from antibiotics. They are prescription medicines (pills, liquid or an inhaled powder) and are not available over-the-counter.

Antiviral drugs can make illness milder and shorten the time you are sick. They may also prevent serious flu complications. For people with high-risk factors, treatment with an antiviral drug can mean the difference between having a milder illness versus a very serious illness that could result in a hospital stay.

Studies show that flu antiviral drugs work best for treatment when they are started within two days of getting sick, but starting them later can still be helpful, especially if the sick person has a [high-risk health condition](#) or is very sick from the flu. Follow your doctor's instructions for taking this drug.

Flu-like symptoms include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some people also may have vomiting and diarrhea. People may be infected with the flu, and have respiratory symptoms without a fever.

Visit CDC's website to find out [what to do if you get sick with the flu](#).

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## **FEMA to Californians: Get Flood Insurance Before El Nino Storms Occur**

*Compiled by Virginia Petrelis*

The Federal Emergency Management Agency (FEMA), is urging Californians to buy flood insurance before the El Nino torrential rains begin. Even those who live in areas at low to moderate risk of flooding should buy flood insurance now, since there is a 30-day waiting period before policies take effect.

“If there was ever a time to buy flood insurance, this is the time,” said FEMA's Roy Wright, Deputy Associate Administrator for Insurance and Mitigation. Flood insurance also provides coverage for damage from mudslides, such as those that recently buried hundreds of cars on Interstate 5 and State Route 58.

Standard homeowner policies do not cover flooding caused by rainfall, mud flows or disasters such as hurricanes or tropical storms, so Congress created the National Flood Insurance Program. It allows homeowners, renters and business property owners to purchase policies to protect themselves in participating communities with ordinances that reduce risk of flooding per FEMA requirements.

The average flood claim last year for residential properties was over \$39,000, yet flood insurance average cost is about \$700. With possibly the wettest winter in recent memory forecasted to begin in a month or so, signing up for flood insurance could be a very wise

investment to protect your home.

Flood insurance covers damage to the building, but typically does not cover contents unless you secure optional additional coverage. Just a few inches of water from flooding can cause tens of thousands of dollars in damages or even destroy a residence.

You can get information on flood insurance and the flood risk where you live at: [www.floodsmart.gov/floodsmart](http://www.floodsmart.gov/floodsmart).

You should also create an emergency response plan for your household. You can get more information at the website: <http://www.ready.gov/make-a-plan>.

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## **Sandbag Drill**

*By Virginia Petrelis*

At 8:00 am on Saturday, October 31, our phones starting ringing. It was Brevyn Mettler announcing a CERT drill. We were requested to come to the Huntington Beach Corporate Yard by 8:45 am, wearing appropriate clothing with our CERT ID and to bring gloves and our Grab and Go Bags. We were going to have sandbag training for the expected El Nino.

City employee, Peter Raia, demonstrated the proper filling and folding of the sandbags, emphasizing not overloading the bags because they can get very heavy, especially when wet. They should only be filled 1/3 to 1/2 full. A wet sandbag could weigh as much as 60 lbs. If you overload your car, you might not be able to even get up the hill and out of the City Yard. A rough guideline would be only 10 bags in a small car, possibly 20 in an SUV and a truck might be able to hold 40, depending on whether it is a 1/2 ton or 3/4 ton pickup.

Residents wanting to pick up sandbags should come to the Corporate Yard at 17371 Gothard Street with their own shovel and ID such as a driver's license or utility bill. The yard is usually open from 8:00 am to 4:00 pm Monday through Friday. Generally, residents are limited to 20 bags. It takes about 20 bags to divert water from a garage door, 10 for a patio door and 4 for a residential door.

CERT volunteers are needed to fill, deliver and place sandbags for the elderly and disabled. Those residents that qualify may call the CERT line (714) 536-5974 to request bags during inclement weather. CERT needs strong, healthy people to do the heavy lifting as well as people to help with driving and dispatching.

During the El Nino of 1997-98, CERT, with the help of boy scouts and other groups, delivered 70,000 sandbags! If this season's El Nino is as large as predicted, we'll need lots of help. Please volunteer by sending Stephanie (Vazquez) Poling an email at: [Stephanie.Vazquez@surfcity-hb.org](mailto:Stephanie.Vazquez@surfcity-hb.org).

At our next general meeting, November 12, Judy Ann Morris and Carol Burtis will be discussing sandbag dispatching. Don't miss it—CERT needs you!

## **HB Races and CERT Participate in “Shadow Drill”**

*By Robert Zamalin*

Several Ham Radio operators with Huntington Beach CERT assisted Huntington Beach RACES (Huntington Beach Civil Emergency System) with its Shadow Drill. The drill lasted ten hours and simulated failure or overload of the 800-MHz system with the ham radio operators then providing all Huntington Beach fire dispatch and tactical communications. A record 34 calls were dispatched and many more tactical communications were transmitted from the field units to the Fire Department Command Center (FDCC) using ham radio.

The Huntington Beach RACES Chief Radio Officer, Steve Graboff, call sign W6GOS, said “we are proud to be the only city (that we know of) in Orange County that can provide this vital service and we are willing to teach our method to any other city, should they so desire.”

Participants in the Shadow Drill were assigned to various fire apparatus. These units included:

Engine— Basic firefighting unit

Truck—Unit with the long extension ladder mounted on top—used for traffic accidents and other large events

ALS—Advanced Life Support—two paramedics are with the unit

BLS—Basic Life Support unit which is a unit without a paramedic

ET—Emergency Transport unit—ambulance

BC—Battalion Chief Unit

The participating hams brought hand-held radios, mag-mount (magnetic) ¼ wave length antennas, ear pieces and microphones. The mag-mount was mounted on top of the assigned fire department apparatus.

The hams operated on a closed net. This means all communications go through “Net Control” which was known as Fire Dispatch. Whenever a particular unit was dispatched, the shadow drill participant assigned to the unit would let Fire Dispatch know whether the unit was available, not available, ALS or BLS, enroute or on scene. Communications were conducted using plain English without using typical ham “code talk” abbreviations like “10-4”, “sql”, etc.

During the shadow drill the following protocol was followed:

- Let the Fire Department personnel know why, what and how you are communicating.
- Allow the Fire Department personnel to hear your radio while at the station.
- When determining the status of a call, be sure to check with the Fire Department personnel to find

out your actual status—they may not volunteer that information, so you have to ask.

- When in the fire station or riding in a piece of equipment, the ham is a guest. It is important to be polite and respectful and not wander around without first asking permission.

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## **My Experience as an Emergency Ham Radio Operator**

*By Raji Shunmugavel*

On September 19, 2015, several other CERT ham radio operators and I participated in the RACES shadow drill with the Huntington Beach Fire Department. At a September 14 pre-drill meeting, we were given assignment packets and Dr. Steve Graboff, Chief Radio Officer, explained how the shadow drill operates.

The purpose of the drill was to demonstrate how to back up the 800 MHz dispatch system in the event of hardware, software, infrastructure or system failures.

As participants, we needed to adhere to the established RACES protocols, be able to check our own equipment, and know how to mount a 1/4 wave-length antenna on our assigned equipment with the assistance of the fire department crew, if needed.

On the day of the drill, I was in Edwards Station Six with Marshall Shipley and Joe Tom. The first four hours, my mentors were educating and training me on the station setup. Around 3:00 pm, I had the chance to board HET 46 (ambulance) and I spent more than four hours working with the EMTs. I switched from a mag-mount antenna to a rubber-duck diamond antenna to follow the EMTs enabling them to communicate with the net control.

During the debriefing meeting on October 5, Dr. Graboff played snippets of the transmissions and discussed what we did well and what we can do better next time. In particular, it's important to follow the script clearly, concisely, and convey the information in forty five to sixty seconds.

Based on my own experience, I should have taken some energy bars along because after a few hours I lost my stamina and became tired. When I mentioned this at the debriefing meeting, I learned I could have called the Fire Department Command Center (FDCC) on the radio and asked for a break. Someone would have replaced me until I was alert and ready to return to the job.

Riding in HET 46 as an emergency ham radio operator during the shadow drill was a great learning experience. After all, how many average citizens will ever have such an opportunity?

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## **HB CERT Fall Basic Training**

*By Stephanie Vazquez*

On October 6<sup>th</sup> 2015, CERT hosted the first night of CERT Basic Training for 2015. The training, which was held at the Central Net Training Center on Gothard St., graduated a total of 14 students. This year's fall training was significantly different from many trainings HB CERT has hosted in the past. The Training was held over 2 weeks on Tuesday and Thursdays with a Saturday drill day. Students were given the opportunity to learn the hands on skills associated with each unit every night of training.

Students came from all walks of life, and learned the essentials of preparedness. We are pleased to have had our dedicated CERT team members aide with the training. A big thank you to the following members for making the training a great experience:

Liz Martin  
Linda Vircks  
Cynthia Goebel  
Heidi Ross  
Eric Ross  
Susan McClaran  
Stephanie Deagle  
Steve Yamashita  
Kerry Newman  
Linda Vollmar  
John Henry Downing  
Mimi Irvin  
Joyce Shopfner

Please make sure to greet a new member at the next CERT general meeting. Congratulations Fall CERT Basic Training Graduates!





# SANDBAGS

## FREE

To Huntington Beach & Sunset Beach Residents

*Identification Required – Please Bring ID/Driver License & Current Utility Bill.*

**City of Huntington Beach Corporate Yard**

**17371 Gothard Street (See Map On Reverse)**








**West Side of Gothard Street, Between Warner & Slater Avenues**

**7:30 AM - 4:00 PM Monday-Friday**

**(714) 960-8861**

***The Corporate Yard is closed weekends and major holidays.***

***Hours may be extended during extreme weather conditions.***

-  Bags are for residents only – no businesses, please.
-  There is a limit of 20 bags per residence.
-  The City provides the sand and sandbags. Bring a shovel and be prepared to fill your own sandbags.
-  City staff cannot fill bags or place bags in private vehicles.
-  Resident is responsible for lawfully disposing of sand and sandbags after use.
-  Elderly and disabled residents may call the HB Fire Department CERT Message Line at (714) 536-5974 to arrange for free sandbag delivery. Resident must sign a waiver of liability when sandbags are delivered.
-  For information on flood preparedness, call the HB Fire Department Emergency Management & Homeland Security Office at (714) 374-1565.





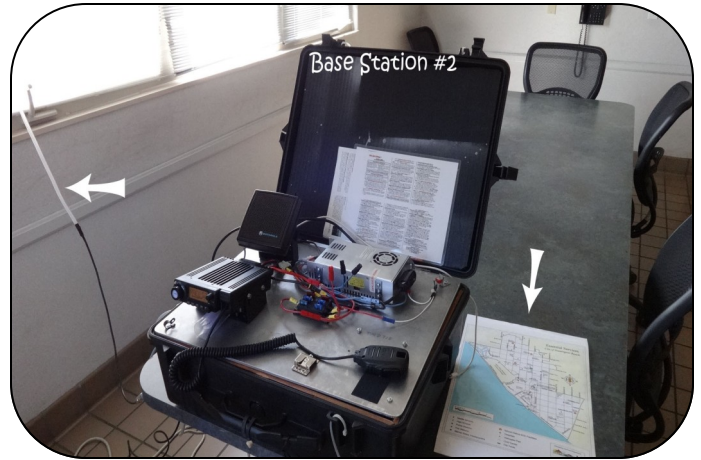


## Sandbag Drill, October 31, 2015





## Shadow Drill





Surf City 10—Mile 10K Marathon, October 25, 2015



# CITY OF HUNTINGTON BEACH CERT

## *Neighbors-Helping-Neighbors*

**MISSION STATEMENT:** The mission of the Community Emergency Response Team (CERT) Program is to provide information and training on disaster preparedness; provide leadership and coordination during an emergency, and assistance to help victims recover from an emergency.

### Upcoming CERT Events & Activities

- CERT General Membership Meeting, 6:30 PM  
November 12, 2015 in B8 Judy Ann Morris and Carol Burtis will be teaching "Sandbag Dispatch"
- CERT Pot Luck Holiday Party, December 12, 2015,  
Rodgers Senior Center, 5:30pm to 9:30pm

### CPR Classes

Fire Med customers can take CPR classes for free and non-FireMed customers can take classes for a fee. Dates are listed below:

- Saturday, Nov 14, 10:00 am – 1:00 pm
- Saturday, Dec 12, 10:00 am – 1:00 pm

To enroll in CPR classes, call 800-400-4277 or 714-556-4277. Class location is in the HB area and exact location given at time of enrollment.

### HB CERT Newsletter Staff

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### **IMPORTANT ANNOUNCEMENT!**

**CERT Website:** [www.huntingtonbeachca.gov/cert](http://www.huntingtonbeachca.gov/cert) **CERT Contact:** [CERT@surfcity-hb.org](mailto:CERT@surfcity-hb.org)  
**CERT Message line 714-536-5974 (THIS IS A MESSAGE LINE ONLY!)**